



USAG Ansbach's

On the Scene

Installation Management Command-Europe "Our Mission is support" June 28, 2007



Safety, safety, safety

The USAG Ansbach Safety Office hosts a Safety Day July 3 at 9 a.m. at the Barton Barracks Gymnasium. The event features a blurred vision goggles demonstration that shows what it is like to drive while intoxicated, fire extinguisher handling training, child seat safety demonstrations and vehicle safety briefings. A video on water safety, "Why People Drown," will also be played.

For more on Safety Day, call 468-1670 or 0981-183-1670.

Also, be sure to check out Combat Readiness Center's article on how to avoid heat-related injuries this summer on Page 3.

Goings on

July 4 celebration

USAG Ansbach hosts its 4th of July Celebration July 4 from 11 a.m. to about 10:15 p.m. outside of the Apache Club at Storck Barracks in Illesheim.

The event will feature carnival rides, game booths, food and beverages, face painting, arts and crafts, and pie eating, frozen T-shirt and beer mug-holding contests. The Donny Vox Variety Band will perform from 6-10 p.m. and there will be

fireworks at 10 p.m.

For more on the event, call 467-2921 or 09802-83-2921. For a shuttle bus schedule, see Page 4.

Programmed to help

USAG Ansbach Social Work Services has numerous programs to help Soldiers and their families deal with deployment and general life stressors. SWS offers a stress management group Thursdays

from 1-2:30 p.m. and an anger management group Wednesdays from 1-2:30 p.m. in building 5817 on the second floor.

SWS also has several programs that deal especially with deployment, like Beat the "Bye Bye" Blues—learn how to thrive, not just survive, the challenges of deployment—and a Warriors Group for Soldiers

* See Pg. 2



UNCLASSIFIED

ANSBACH/KATTERBACH 5 DAY OUTLOOK

	THU: 28 JUN	FRI: 29 JUN	SAT: 30 JUN	SUN: 1 JUL	MON: 2 JUL
A.M.					
	MOSTLY CLOUDY	MOSTLY CLOUDY	MOSTLY CLOUDY RAINSHOWERS	PARTLY CLOUDY	CLOUDY RAINSHOWERS
WINDS	SW 5 - 10	SW 5	SW 5 - 10	SE 5 - 10	SW 5
P.M.					
	PARTLY CLOUDY	CLOUDY LATE RAINSHOWERS	PARTLY CLOUDY	MOSTLY CLOUDY LATE RAINSHOWERS	MOSTLY CLOUDY ISOLD THUNDERSTORMS
WINDS	SW 5 - 10 G15	SW 5 - 10	SW 5 - 10 G15	SE 5 - 10 G15	W 5 - 10
HIGH	17 C / 63 F	18 C / 64 F	19 C / 66 F	21 C / 70 F	20 C / 68 F
LOW	9 C / 48 F	11 C / 52 F	12 C / 54 F	14 C / 57 F	13 C / 55 F



UNCLASSIFIED

ILLESHEIM 5 DAY OUTLOOK

	THU: 28 JUN	FRI: 29 JUN	SAT: 30 JUN	SUN: 1 JUL	MON: 2 JUL
A.M.					
	MOSTLY CLOUDY	MOSTLY CLOUDY	MOSTLY CLOUDY EARLY RAINSHOWERS	PARTLY CLOUDY	CLOUDY RAINSHOWERS
WINDS	SW 5 - 10	SW 5	SW 5 - 10	SE 5 - 10	SW 5
P.M.					
	PARTLY CLOUDY	CLOUDY LATE RAINSHOWERS	PARTLY CLOUDY	MOSTLY CLOUDY LATE RAINSHOWERS	MOSTLY CLOUDY ISOLD THUNDERSTORMS
WINDS	SW 5 - 10 G15	SW 5 - 10	SW 5 - 10 G15	SE 5 - 10 G15	W 5 - 10
HIGH	17 C / 63 F	18 C / 64 F	19 C / 66 F	21 C / 70 F	20 C / 68 F
LOW	9 C / 48 F	11 C / 52 F	12 C / 54 F	14 C / 57 F	13 C / 55 F

with post-traumatic stress disorder or combat-related stress. SWS also conducts family readiness group briefings to meet the needs of unit FRGs.

For more information on these or other programs offered through SWS, call 467-2850 or 09802-83-2850.

Keichu Do

SKIES Unlimited offers Keichu Do classes in the evening at Storck Barracks in Illesheim and Barton Barracks in Ansbach for people ages 6-18 years.

Instructor Patricia Sant offers instruction in the martial art Keichu Do—closely related to American boxing and French Savate (kickboxing). It also includes techniques from Jiu-Jitsu, Judo, Kung Fu, Karate and Cajun fist fighting. The primary objective of the class is self defense with practical, no-nonsense techniques.

Cost for the class is \$35. For more, call Bryan Osewalt at 467-4703 or 09841-83-4703.

Immunization requirements

New immunization requirements were put into effect at the beginning of this past school year, said the Ansbach Middle/High School Nurse, Michele George. She said the Hepatitis A vaccine is now available but that parents need to ensure their children have the first dose administered by the start of next school year in order to attend.

George said parents need to take their children's immunization record to their local medical treatment facility for review to ensure that they can provide the school with an up-to-date copy no later than Aug. 27—the first day of the next school term.

Most students will only need their first dose of Hepatitis A administered as they should be up to date on all other immunizations. If they have already received their first dose and six months have passed since it was administered, the second dose should be administered prior to Aug. 27.

Also, for children who haven't had Chick-enpox, the Center for Disease Control recommends that students who received one dose of Varicella vaccine prior to age

13 should now receive a second dose to provide immunity into adulthood. For more, call George at 467-2519 or 09802-83-2519.

Free bowling

The Katterbach Bowling Center offers free bowling to military identification card holders the second and last Thursday of each month from 3-10 p.m.

The Illesheim Bowling Center offers free bowling the first and third Wednesday of the month.

The offers do not include shoe rentals. Morale, welfare and recreation offers the free bowling as a way of supporting Soldiers and family members during the upcoming deployment.

For more, call the Katterbach center at 467-2638 or 09802-83-2638, or the Illesheim center at 467-4530 or 09841-83-4530.

Vacation Bible School

The USAG Ansbach Chaplain's Office hosts Vacation Bible School on Katterbach Kaserne and Storck Barracks in August.

The school will be held Aug. 6-10 at the Illesheim Chapel and Aug. 13-17 at the Katterbach Chapel.

For more on vacation Bible school, call John Edwards at 467-2685 or 09802-832-685.

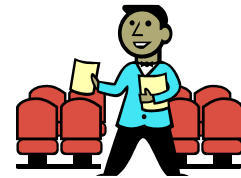
Vehicle registration closed

The USAG Ansbach Vehicle Registration Office will be closed June 29 for annual inventory. The office will re-open July 2 with normal hours.

For more, call 468-7892 or 0981-183-892.

Bank closure

The Community Bank in Illesheim will close for training July 11 July from 9 a.m. to noon and be open from noon to 4 p.m. The Illesheim Bank will also close on July 3 and 5 to swap out all furniture. July 4, the bank will open for teller and cash services only from 11 a.m. to 4 p.m. to support the garrison 4th of July Celebration. For more, call the bank at 467-4540 or 09841-8791.



AT THE MOVIES

Katterbach

Fri, June 29

Mr. Brooks (R), 7 p.m.

Sat, June 30

Mr. Brooks (R), 7 p.m.

Sun, July 1

Pathfinder (R), 7 p.m.

Illesheim

Fri, June 29

Pirates of the Caribbean-At World's End (PG-13), 7 p.m.

Sat, June 30

In the Land of Women (PG-13), 7 p.m.

Sun, July 1

Pirates of the Caribbean-At World's End (PG-13), 7 p.m.

Be sure to check out the AAFES schedules and show synopses on the web at <http://www.aafes.com/ems/euro/katterbach.htm> or [illesheim.htm](http://www.aafes.com/ems/euro/illesheim.htm)

Being heat savvy can help save lives

By Lori Yerdon

U.S. Army Combat Readiness Center

FORT RUCKER, Ala.—As hot weather poses potential risk to Soldiers and Family members alike, individuals need to realize that heat injury prevention is not only a command and leadership responsibility, but a personal one too.

Heat injuries are avoidable yet can affect anyone. Individuals not use to hot weather, especially when it's combined with high humidity, are particularly susceptible. Young children, individuals with a long-term illness, and Soldiers that work in enclosed environments such as aircraft cockpits or vehicle interiors specially run the risk of becoming heat casualties. The use of supplements may also increase the chance dehydration.

"Leaders and Soldiers must do more than just have water available," said Col. John Campbell, U.S. Army Combat Readiness Center command surgeon. "Using composite risk management to assess and mitigate the potential health effects Soldiers might suffer during hot weather is critical."

According to the Army's Office of the Surgeon, 220 heat stroke cases were documented in 2006; of those, 57 Soldiers were hospitalized, 163 were outpatients, and two died. The injuries happened both in garrison and operational environments,

and occurred during physical fitness training and testing, training exercises, and other activities including recreational exertion and non-exertion activities.

The best defense against a heat-related incident is prevention. Before engaging in an outdoor activity or mission in the heat, the identification and assessment of potential hazards, such as a high heat category or the physical exertion level of the activity, can reduce an individual's chance of becoming a victim of heatstroke, heat exhaustion or heat cramps.

"Training is the priority and Soldiers learn how to cope in the heat," said Maj. Karl Strellner, 198th Infantry brigade S-3 at Fort Benning, Ga. The 198th Infantry Brigade (One Station Unit Training, Infantry) conducts training for drill sergeants four months prior to June 1, when the weather typically begins to get hot. "Our drill sergeants practice daily man-down drills, immediate actions, checks on combat lifesavers bags, certification updates on combat lifesaver courses, IV sticks, caloric intake classes, and system checks of the HVAC (air conditioning units)."

In addition to the training that drill sergeants receive, trainees are immersed in proper hydration methods, hydration tracking mechanisms (Ogden cord/tying a knot in 550 cord on their uniform every time they drink a quart of water) and battle

buddy care. Drill sergeants monitor heat conditions and adjust training accordingly.

By developing and implementing controls, leaders reduce the chance of a Soldier in their formation succumbing to a heat injury. Having sufficient hydration sources and providing rest cycles as needed are some of the measures that leaders can take.

Applying similar control measures when off duty can also protect Family members. Drinking more fluids, avoiding alcohol or drinks full of sugar or caffeine, and staying indoors when possible are several ways to beat the heat. Additionally, wearing a wide-brimmed hat, sunglasses and putting on sunscreen of SPF 15 or higher, diminishes the possibility of a heat-related incident.

"Soldiers have a responsibility to look out for each other and speak up when a comrade is in trouble," added Campbell.

"Someone always knows when a Soldier isn't at peak performance level; buddies should make leaders aware of these situations to thwart a possible heat injury."

For more information on heat injury prevention, visit http://chppm-www.apgea.army.mil/heat/#_HIA and for more information on the 101 Critical Days of Summer safety campaign visit <https://crc.army.mil>.

Force Protection Tip



Protect official documents

- ID Cards—protect from unauthorized use; report lost or stolen cards
- DOD vehicle decals—inspect periodically; remove from vehicles prior to sale
- Official documents—protect from unauthorized people

Report Suspicious Activity

MP Desk — 468-7637 or 0981-183-637

MP emergency — 114 or 0981-183-114

AAFES July 4 operating hours

Ansbach/Barton Barracks

Shoppette	closed
Burger Bar	closed
Barber Shop	closed
Urlas Retail Store	closed

Katterbach/Bismarck

PX	1000-1700
Gas Station	0800-1800
Power Zone	1100-1700
MCSS	closed
Shoppette	0900-1900
Car Care Center	closed
Burger King	1030-1800

** Concessions will adjust closing times based on their location. Signs will be posted.

Storck Barracks

PX	closed
4 Seasons	closed
MCSS	closed
Food Court	closed
Concessions	closed
Shoppette/Gas	0900-1900



4TH OF JULY ANSBACH – KATTERBACH - ILLESHEIM SHUTTLE

100% IDENTIFICATION CHECK-NO EXCEPTIONS ID CARD or POST PASS REQUIRED!

FOR INFO: DSN: 468-1800/7755, CIV: 0981-183-1800/755

BARTON BARRACKS	(START)	1000	1230	1530	1830
KATT. HOUSING, BLDG. V	↓	1020	1250	1550	1850
KATT. GYM/COMMISSARY		1024	1254	1554	1854
SHIPTON BACK GATE		1036	1306	1606	1906
ILLESHEIM-APACHE CLUB (6/22)		1121	1351	1651	1951 2230
SHIPTON BACK GATE				1731	2031 2315
KATT. GYM/COMMISSARY				1741	2041 2327
KTT. HOUSING, BLDG. V				1744	2044 2331
BARTON BARRACKS	(END)	1200	1445	1804	2104 2351

SHUTTLE BUS LEAVES ILLESHEIM AREA AT 2230 FOR ANSBACH

1. Bus stops only at Posted Stops. 2. Sponsors are responsible for dependants. 3. ID Card holder will accompany ALL Minors without ID. 4. NO Eating, Drinking, and Smoking ! 5 .No standing while bus is moving. 6. No Pets allowed!

